



ORGANIC RECIPES
FOR YOUR

*personal
pleasure*

ROSE
SANTIAGO

ORGANIC RECIPES FOR YOUR PERSONAL PLEASURE

By Rose Santiago

Feeling great need not be the result of a trip to the store, spending countless hours searching endlessly through product shelves to find what you want. Worse, if ingredients matter to you, then shopping for personal care products might be a daunting task, since all ingredients do not need to be disclosed on product labels.

Here is where you will have an opportunity to be in control of what you put on your skin and hair. Doesn't that make better sense than not knowing what shady ingredients may lurk in the products you use daily? By creating your own products, you will know what goes in each bottle or container you prepare for yourself and your loved ones, and this knowledge is power, especially when it comes to your overall health and wellness.

On the following pages, I have put together simple recipes with organic ingredients and essential oils that you can start using right away. These easy-to-prepare recipes will help provide balance to your mind, body, and spirit. They will allow you to better understand the role therapeutic essential oils and nutrient-rich ingredients play in your physical, emotional, mental, and spiritual health.

Start with simple-to-create recipes with ingredients that may already be in your kitchen cabinets, or that you can easily find online in virtual stores right on your computer or mobile device. At the end of this booklet, I provide you with reputable online companies I personally shop from that provide great organic ingredients and essential oils for preparing therapeutic formulations for use in a variety of applications.

I have also provided great reads I think you will enjoy from authors who have taught me a lot. These books contain essential oil recipes, helpful advice, and more ideas on how to use these aromatic essences in your everyday life. If you want to further your education on the therapeutic benefits found in essential oils and aromatherapy, these books will guide you to fragrant new horizons.

The more you study and understand the role essential oils play in the balancing of your mind, body, and spirit, the more you will want to dive deeper into the world of essence. Let's create some transforming concoctions, shall we.

CREATE FABULOUS AND SIMPLE ORGANIC RECIPES

Throughout this booklet, you will find recipes for natural skin care that help to improve overall balance to the skin by rejuvenating and supporting troubled areas where moisture is required. You will find oil blends in some recipes that assist with improving the skin's elasticity and youthful appearance, such as serums, moisturizers, massage and body oils, bath salts, sugars, body butters, and more.

There are easy recipes you can make in your home, such as linen sprays and stock blends for diffusing on different occasions that help to purify the air and give you a boost at the same time. Creating formulations for yourself or as gifts will be fun, and more importantly, seeing positive results in your health and the health of your loved ones will be even sweeter.

The intention for writing this mini recipe book is to show you that you, too, can learn to formulate your own unique blends for skin applications, uplifting or relaxing your mood.

You can care for yourself and create beautiful gifts for the ones you love. They will absolutely benefit in mind, body, and spirit from your cool concoctions. Furthermore, they will appreciate your kindness in sharing gifts you so lovingly made for them that can support their overall health. I'm sure that will be a major plus for you. You will be very popular among your family and friends. So, let's go create fabulous products together.

FACE AND LIPS
SIMPLE PEPPERMINT
LIP TREATMENT

You will love this deliciously scented and moisturizing lip crème that will easily glide on your lips. Feel that tingling sensation with essential oil of stimulating Peppermint. If you prefer lighter scents, add more essential or fragrance oil (except with Cinnamon and Vanilla, since these scents are stronger and require less oil). Go for your personal favorite flavors if they are organic essential or vegan oils—and if you verify with an aromatherapist that they are safe for the lips. Or, add no scent at all and enjoy the light honey beeswax fragrance.

Whichever one you choose, you will absolutely go wild over how luscious and kissable your lips feel and how easily your mood is enhanced with the essential oil in this recipe. And remember, a little goes a long way. This recipe yields about fourteen lip therapy cremes, using one-half ounce containers.

Ingredients

½ cup virgin coconut oil

¼ cup honey beeswax pastilles or pellets

¼ cup almond oil

15 drops organic essential oil of Peppermint, (or any of these essential oils): Cinnamon, Grapefruit, Orange, Tangerine, or, plant-based fragrance oils, such as vegan piña colada, cherry, or vanilla spice

[½ ounce jars](#)

Instructions

In a medium-sized pot, fill about a quarter of the pot with water and bring the water to a boil. Using a Pyrex bowl or measuring cup like a Ban de Marie or water bath, place glass measuring cup over the pot and add Coconut and Honey Beeswax. Lower the heat and allow the ingredients to melt thoroughly. (See an example of how to use a Ban de Marie on [YouTube](#)).

Let the melted mixture cool for a few minutes before pouring in the almond oil. Whisk until the mixture is well blended. Pour in the essential or vegan oil and whisk until mixture is thoroughly blended.

Pour the melted mixture into half-ounce containers or jars. Leave it uncovered until solid. Then cover it and use the balm whenever you need your lips moisturized. You can add this to a pretty beauty basket and give as a birthday gift or other special occasion.

Benefits

- The ingredients are nourishing and help to naturally and deeply moisturize dry or cracked lips. Lips will feel soft and supple, especially prior to applying lipstick.
- Lipstick will glide on effortlessly, and make lips appear smoother, allowing color to last longer.
- When using the energizing essential oil of Peppermint, you will feel uplifted and refreshed.

ORGANIC PEPPERMINT LIP SCRUB

Your lips will tingle with this gentle aromatic scrub that exfoliates and moisturizes, while imparting a refreshing scent before the lip crème is applied. It is tempting to eat this deliciously scented sugar scrub while using on your lips in the shower, and so it's good that the ingredients you are using are safe. Scrub away dead skin, rinse, and dry. Lips never felt better.

Ingredients

4 oz. organic cane sugar

2 tablespoons virgin coconut oil

15 drops essential oil of Peppermint (or any of the essences listed in the previous recipe)

[4 one-ounce jars](#)

Instructions

In a glass bowl, thoroughly mix the organic cane sugar and essential or vegan oil. Then, in a pot with about a quarter of water, bring the water to a boil. Switch the heat to low. Using a Pyrex bowl or measuring cup like a Ban de Marie or water bath, thoroughly mix the coconut oil with a stainless-steel spoon until it's melted.

When the coconut oil has melted completely, remove

the glass measuring cup or bowl from the stove. Pour the coconut oil into the sugar mixture. Thoroughly blend all ingredients. You can now pour the mixture into four one-ounce jars and cover it tightly. A little secret: use the scrub on dry or rough elbows and knees to help moisturize these areas.

Benefits

- Helps slough away the dead skin cells on the lips.
- Gently moisturizes and protects dry or cracked lips
- Uplifts your senses with the refreshing and invigorating essential oil of Peppermint.

NATURAL FACE CLEANSER FOR OILY SKIN

This natural cleanser will soften skin and remove dirt and bacteria from the delicate area of the face. The essential oils in this recipe will help rejuvenate and give skin a clean and radiant feel.

Ingredients

¼ cup aloe

2 tablespoons almond oil

1 tablespoon organic Castile soap (unscented)

4 drops essential oil of Carrot Seed

4 drops essential oil of Chamomile

6 drops essential oil of Lavender

6 drops essential oil of Tea Tree

Instructions

In a small bowl, mix the aloe, almond oil, and soap. Add the essential oil blend and mix it thoroughly. Pour the blend into a four-ounce glass container or a PET plastic bottle with pump. Shake container vigorously to ensure there are no chunks and that the mixture is completely blended. Using a muslin cloth with cool water and rinsing the soap from your face provides better results. To close pores, pat the skin dry with a clean, fluffy towel. Voila, your face is now ready for toning, moisturizing,

and makeup application.

Benefits

- Cleanses skin on the face, leaving it feeling soft and supple.

ALOE AND HONEY FACE MASQUE

An easy-to-make masque that helps the delicate area of the face feel silky soft and rejuvenated. It was said that Cleopatra, the queen of ancient Egypt, had many beauty secrets for maintaining her skin looking young and fabulous. Now, you, too, can get in on feeling beautiful like Queen Cleopatra had in ancient times.

Ingredients

- 1 tablespoon aloe
- 1 tablespoon honey
- 2 drops essential oil of Rose

Instructions

Combine the aloe and honey. Mix thoroughly. Add the essential oil of Rose and mix well prior to use. Leave on the face for several minutes. Rinse with warm water and pat dry with a fluffy towel. Your skin will feel marvelous and refreshed. Cleanse normally after masque is applied.

Benefits

- Aloe soothes, while honey brightens the skin.
- Essential oil of Rose assists the delicate skin on the face to feel young and toned.

NATURAL VITAMIN EYE SERUM

You will love the absolutely wonderful plant oils in this beautiful eye serum. It is packed with nutrient-rich vitamins and antioxidants that will help to moisturize and rejuvenate the delicate eye area. No need to spend a small fortune on tiny serums that don't last long. You can make your own, and the best part is, you can make more whenever you run out. Now, I don't know about you, but I think you got the better end of the deal here.

Ingredients

2 teaspoons organic grapeseed oil
2 teaspoons organic wheatgerm oil
2 teaspoons organic pomegranate oil
2 drops essential oil of Carrot Seed

Instructions

In a one-ounce sterilized glass bottle with a squeezable dropper, pour in the grapeseed, wheatgerm, and pomegranate oils, and essential oil of Carrot Seed. Blend all the ingredients thoroughly and cover tightly. Shake well prior to use. Store in a cool, dark place.

The ingredients in this eye serum pack a punch and it is inexpensive to make.

Benefits

- Gently moisturizes eyes.
- Plant oils provide vitamins, such as vitamin E, along with antioxidants that help the skin around the delicate area of the eyes to appear more healthy and youthful.

YUMMY SORBET BODY OIL

This oil is fantastic for moisturizing the body, and the best part is that it smells deliciously edible. You will love the feel of it on your skin. And let's be honest, it simply smells yummy!

Ingredients

1 tablespoon organic jojoba oil

1 tablespoon almond oil

6 drops plant-based fragrance oil of vegan vanilla spice

4 drops essential oil of Orange

4 drops essential oil of Lemon

Instructions

In a glass measuring cup, mix the jojoba and almond oils. Add the essential oils or vegan oil and blend thoroughly.

Pour the body the oil into a one-ounce, clean, sanitized dark glass bottle with dropper. Roll bottle between fingers prior to use to warm the oils, so mixture blends better.

The citrus and vanilla essence of this body oil will remind you of the mouth-watering scent of sorbet ice cream and will absolutely delight your senses. Yum!

This body oil can be used on damp skin after a shower.

The blend of jojoba and almond oils will help the skin feel renewed and rejuvenated, providing moisture along with a soft, citrus essence you will love applying on your body.

Benefits

- Jojoba oil is a beautiful liquid wax that helps to deeply moisturize and nourish the skin, since this oil imitates the skin's sebum.

Note: If you are planning to go out-of-doors, remember that citrus oils can be phototoxic. Therefore, it is not advisable to apply prior to exposure to the sun for at least 24 hours.

LUXURIOUS VANILLA WHIPPED BODY BUTTER

This delicious and fluffy body butter will have your skin feeling silky all day long. The soft vanilla essence will intoxicate your senses.

Ingredients

½ cup unrefined shea butter

½ cup virgin coconut oil

½ cup sweet almond oil

1 vanilla bean

20 drops organic essential oil of Cinnamon

Instructions

In a medium-sized pot, bring the water to a boil. Place a Pyrex glass measuring cup or bowl in the pot like a Bain Marie or water bath, reducing the heat to low. Pour the shea butter, coconut oil, and vanilla bean into the glass measuring cup or bowl and mix all the ingredients occasionally until they are thoroughly melted. This can take about five to seven minutes.

When it's completely melted, remove the body butter base from the measuring cup or bowl and pour the ingredients into a glass mixing bowl. Refrigerate the mixture for an hour.

When it's completely melted, remove the body butter base from the measuring cup or bowl and pour the ingredients into a glass mixing bowl. Refrigerate the mixture for an hour.

After an hour, remove it from the refrigerator. The oils will not be completely solidified, which is fine since we still must add the almond oil and essential oil. Get your handy dandy mixer and turn it to medium speed and begin mixing the refrigerated mixture. As you are fluffing up the butter, slowly pour in the almond oil and essential oil of Cinnamon.

Once the mixture has a creamy consistency, remove from bowl and pour into three four-ounce jars, or into a large 12-ounce jar if it's just for you. Cover and freeze for an hour longer if you want to use it right away. I won't blame you. The scent will remind you of yummy vanilla ice cream with a cinnamon twist.

Benefits

- Rich oils in this body butter moisturize dry and itchy skin.
- Shea butter has a concentration of vitamins, fatty acids, and nutrients.
- Coconut oil soothes inflamed or flaky skin, while almond oil provides additional moisture, making your skin feel soft and supple.
- Vanilla and Cinnamon combine well for a yummy essence.

ORGANIC HAIR SERUM

Create healthy, silky, and shiny locks with this beautiful blend of organic carrier oils that will strengthen strands and help hair look younger and softer.

Ingredients

- 1 tablespoon jojoba oil
- 1 tablespoon Argan oil
- 1 tablespoon Hemp oil
- 1 teaspoon Rosemary extract

Essential oil blend of:

- 4 drops essential oil of Rose
- 6 drops essential oil of Lavender
- 2 drops essential oil of Rosemary

Instructions

Pour all of the carrier oils into a glass measuring cup. Add the essential oil blend for hair and mix thoroughly. Use two-ounce dark glass amber bottles with a pump for the hair treatment oil. Shake well prior to use.

Benefits

- Carrier oils in this recipe help to revive hair, assisting in moisturizing hair that is dry or damaged due to over-processing, coloring, or using chemical-based shampoos

and conditioners that contain alcohol, which can dry hair.

- This blend of oils provides shine to locks that lack luster.

- Essential oils like Lavender and Rosemary nurture the hair.

The lovely essential oils in this natural hair treatment will delight your senses while they work to create beautiful and healthy tresses you can feel proud to show off.

ORGANIC LAVENDER NAIL STRENGTHENER

This beautifully aromatic nail strengthener helps moisturize and strengthen nails. The organic olive oil provides a great conditioning effect on nail beds and cuticles, keeping them strong and healthy. The essential oil of Lavender will relax you while you care for your hands and nails.

Ingredients

Two tablespoons organic olive oil
10 drops organic essential oil of Lavender

Instructions

Pour the essential oil of Lavender and olive oil into a one-ounce dark amber glass bottle. Tighten the lid and roll the bottle between your fingers to blend. Gently shake well prior to use.

Benefits

- Olive oil moisturizes hands, while Lavender soothes dry skin.
- Great treatment for a manicure.
- The aroma of essential oil of Lavender relaxes your mind and spirit.

SENSUAL MASSAGE OIL

A body massage never felt so good! The luxurious oils in this blend will feel like liquid silk on your skin. The combination of jojoba, almond, and other nourishing organic oils make this massage oil a fabulous way to relax the body during intimate massages.

The exotic combination of essential oils of Vanilla, Sandalwood, and Ylang Ylang tantalize the senses for pleasurable and unforgettable moments spent with your partner.

Ingredients

- ¼ cup jojoba oil
- ¼ cup almond oil
- ¼ cup apricot kernel oil
- 2 tablespoons grapeseed oil
- 1 tablespoons olive oil
- 1 tablespoons Rosehip oil

Essential oil blend of:

- 16 drops essential oil of Vanilla
- 10 drops essential oil of Ylang Ylang
- 15 drops essential oil of Wild Orange
- 5 drops essential oil of Sandalwood

Instructions

Pour all the carrier oils into a glass measuring cup. Add the essential oil blend and mix all of the ingredients thoroughly.

Pour the massage blend into an eight-ounce dark glass bottle with a squeezable dropper. Shake well prior to applying for massage.

Benefits

- All of the oils in this recipe are emollient and penetrate the skin for a spa-like massage.
- Essential oils help to stimulate the senses
- The exotic combination of aromatic scents will tantalize your mind and captivate your spirit.

SENSUAL GRAPESEED OIL SEASALT SCRUB

Slough away dry or flaky skin with a companion to your sensual massage oil with this aromatic body scrub. The nourishing and vitamin-rich oils, along with the exfoliating power of salts, will leave extremely dry or itchy skin feeling cleansed and quenched. Let your senses take a long and luxurious trip as you inhale the seductive essences that surround you.

Ingredients

½ cup Epsom salt
½ cup dead sea salt
1 cup organic grapeseed oil

Essential oil blend of:

16 drops essential oil of Vanilla
10 drops essential oil of Ylang Ylang
15 drops essential oil of Wild Orange
5 drops essential oil of Sandalwood

Instructions

In a glass measuring cup, blend the salts, grapeseed oil, and the essential oil formulation. Mix all ingredients thoroughly.

Pour into a twelve-ounce container, or four-ounce jars to share with family and friends. Store in a cool dark place. Pair up this natural scrub with a loofah sponge for a more luxurious bathing experience.

Benefits

- Therapeutic salts exfoliate even the driest skin.
- Grapeseed oil gently moisturizes the skin, leaving it feeling silky soft and rejuvenated.
- The blend of essences will tantalize your senses as you glide on this aromatic scrub all over your body.

ORGANIC PIÑA COLADA SUGAR SCRUB

This organic sugar scrub is mouthwatering with a perfectly delicious aroma. It possesses a flawless exfoliating texture that melts upon contact with the skin. This is truly a delightful body treatment for a home spa experience!

Ingredients

2 cups organic cane sugar
2 cups organic virgin coconut oil
1 teaspoon vitamin E
50 drops vegan piña colada plant-based fragrance oil

Instructions

In a medium-sized pot filled half full, heat the water to a boil. Switch the heat to low. Place a pre-warmed Pyrex glass measuring cup or bowl in the pot like a Ban de Marie or water bath. Add the coconut oil to the cup or bowl and wait for it to turn to liquid.

In another bowl, pour the sugar, vitamin E, and the melted coconut oil. Add the vegan piña colada fragrance and with your handy dandy mixer. Whip all the ingredients until the sugar and coconut oil are thoroughly blended.

Pour the scrub into a twelve-ounce container or small four-ounce jars. Store in a cool, dark place.

When using the scrub, you can do circular, upward motions to moisturize your skin with this sumptuous and fragrant sugar scrub. Be sure to rinse well and pat dry.

Benefits

- The glycolic acid in sugar allows for the exfoliating power of alpha hydroxy acids.
- Your skin will thank you for smoothness and moisturization with the amazing nutrient-rich properties found in coconut and vitamin E oils.
- This deliciousness massaged on your skin will help to gently remove impurities and exfoliate dry or flaky skin.

Note

Since this is an oily scrub, please be careful with use in a shower. The tub floor may get oily, causing a slippery surface.

LUXURIOUS COFFEE COCONUT SUGAR SCRUB

This dreamy concoction will have your body and senses going wild. The powerful antioxidants found in this wonderful scrub will not only exfoliate dry or flaky skin, but will brighten the skin, making you feel absolutely luxurious and fabulous.

Ingredients

½ cup organic cane sugar

½ cup ground coffee

1 cup organic virgin coconut oil

Instructions

In a mixing bowl, pour in the sugar and coffee, and set it aside. Place a medium pot on the stove and fill it about a quarter full of water. Bring it to a boil. Turn heat to low. Place a glass measuring cup or bowl into the pot. Add the coconut oil into the glass measuring cup and mix occasionally until oil is perfectly melted. Turn off the heat.

Pour the melted coconut oil over the coffee sugar mixture. Grab that handy dandy mixer and blend all the ingredients until you get a creamy consistency. Pour the scrub into four-ounce jars or into a larger twelve-ounce

container just for you. Enjoy a fabulous bathing experience as you exfoliate with this deliciousness.

Benefits

- Wake up and smell the coffee with this luxurious scrub, combining the richness of the exfoliation of coffee, coconut, and sugar to awaken the skin.
- Sugar and coffee effectively remove dead skin cells, allowing for a smoother appearance.
- Coffee has antioxidants that help neutralize free radicals.
- This scrub melts upon contact with the skin and moisturizes dry or rough areas, such as elbows, knees, and feet.

ROYAL AROMATIC BATH SALT BLEND

The radiant and beautiful skin Cleopatra was said to have achieved with a combination of salts, olive oil, and ancient essential oils such as Frankincense, Sandalwood, Myrrh, and other fantastic oils that helped to tighten, moisturize, exfoliate, and maintain youthful skin. This formula is a great way to indulge your senses as you soak in a luxurious spa-like royal bath. The ingredients will nourish your skin, and the essences will captivate you and make you feel like an Eastern queen.

Ingredients

- 1 cup sea salt
- ½ cup Epsom salt
- ½ cup pink Himalayan salt
- 1 cup olive oil
- 5 drops essential oil of Frankincense
- 5 drops essential oil of Sandalwood
- 5 drops essential oil of Rose
- 7 drops essential oil of Neroli

Instructions

In a large mixing bowl, thoroughly mix the sea, Epsom, and Himalayan salts. Add the olive oil and essential oil blend. Stir all ingredients until they are completely blended. Scoop into four-ounce jars or pour into a large jar for your own personal luxurious baths. Feel like a queen every time.

Benefits

- Salts help to exfoliate dry or damaged skin.
- These ancient essential oils help to tantalize the mind, rejuvenate the body, and soothe the spirit.
- This aromatic oil blend will envelop your body with sensual essences.
- This essential oil blend can help you feel decadent and intoxicate the senses of the king in your life.

SHOP ORGANIC PRODUCTS FOR MANY OF YOUR PERSONAL NEEDS

Here's a lovely secret I am going to share with you. This is a juicy one. You can find all my recipe ingredients at your grocery store or online. Like I said in the beginning of this little book of powerful concoctions that can benefit you in mind, body and soul, you can start small and work your way up to incorporating a variety of essential oils and other helpful ingredients to suit any particular need.

Where should you purchase organic essential oils and plant ingredients? Below, I have provided helpful places to begin your journey and explore the world of essential oils and aromatherapy. Beware of companies that claim their oils are of therapeutic grade, but are actually adulterated, diluted, or contain pesticides that render them useless for aromatherapeutic benefits.

Organic Infusions

www.organicinfusions.com

Discover certified organic essential oils, synergy blends, and organic ingredients.

Mountain Rose Herbs

www.mountainroseherbs.com

Find organic ingredients and essential oils, bulk spices and herb.

Organic Infusions

www.organicinfusions.com

Discover certified organic essential oils, synergy blends, and organic ingredients.

Mountain Rose Herbs

www.mountainroseherbs.com

Find organic ingredients and essential oils, bulk spices and herbs, natural candles, and diffusers.

Edens Garden

www.edensgarden.com

Try pure therapeutic and organic essential oils, synergy blends, plant ingredients, and aroma jewelry.

Plant Therapy Essential Oils

www.planttherapy.com

Find therapeutic and organic essential oils and blends for children. You will also find great ingredients for creating your own aromatherapeutic concoctions.

From Nature with Love

www.fromnaturewithlove.com

Here, you will find a load of organic and natural ingredients, vegan oils, and more items for creating

many of your lotions and potions.

Essential Wholesale

www.essentialwholesale.com

This site is great for purchasing a host of organic and natural ingredients, and ready-to-label products that you can use to create gifts for family and friends.

BALANCE YOUR MIND, BODY, AND SPIRIT

Now that you have an arsenal of fabulous products you can create that will give you healthier skin, gorgeous locks and bring overall well being to your life, you are ready to live a natural lifestyle that will bring balance to your mind, body and spirit. You have made the positive decision to improve your health and well-being by incorporating essential oils and aromatherapy in your world. That is a great start to living the best of yourself. But there's more!

Never underestimate the power of essential oils. They will be your pal when you are feeling out-of-spirits or under-the-weather. They are there for you when you need a pick-me-up, when you want to feel younger and more energetic, or when you would like to increase spiritual your awareness. Whatever the reason for inviting essential oils into your life, they rarely disappoint.

Yes, essential oils and aromatherapy can help support your health and bring health and balance to your mind, body, and spirit. However, there is much more you can do to live a purpose-driven life.

Note of Caution

Always use caution when beginning your path to discovering the benefits of using essential oils in your daily beauty regimens. If you are pregnant, nursing, or are taking medications, please consult with a health care practitioner or experienced and highly trained aromatherapist before embarking on this path. Prior to applying or using any essential or carrier oil, or any plant ingredient, conduct a patch test on the inside of your elbow for up to 24 hours to ensure that you don't have an allergic reaction.

Did you enjoy this recipe book? Get a more in-depth look at how to bring balance to your mind, body, and spirit from my book, *Live your True Essence, 12 Secrets that will Empower Your Mind, Balance Your Body, and Enlighten Your Spirit*. Purchase my book at www.liveyourtrueessence.com or www.rosesantiago.com.